

Moving Home Academy

A Learning Community to Support Housing Stability

Trauma-Informed Care: Applying Theory to Practice

Course Overview

Join us for *Trauma-Informed Care: Applying Theory to Practice*, a free online, instructor-led course that provides an opportunity to explore ways to apply trauma-informed theory to your work in practical, effective ways.

Once a week for five weeks, we will meet on Thursdays for a live webcast that lasts for 75 minutes. In between webcasts, you will complete short assignments that reinforce key concepts and help prepare you for the following week. These assignments are a key part of your learning in the course and we hope that you find them useful, brief, and interesting.

Prerequisite

We strongly recommend that you view Moving Home Academy's webcast on trauma-informed care, especially if you missed it when it was offered in August 2013. Here is the link to the archive: <http://center4si.adobeconnect.com/p2ydsn1qzqt/>.

Outline and Course Schedule

Week 1: An Introduction to Trauma-Informed Care (February 6 from 9 - 10:15 am)

What is trauma-informed care and how does it apply to our daily work? What is the difference between a trauma-organized and trauma-informed organization?

Week 2: Traditional vs. Trauma-Informed Perspectives (February 13 from 9 - 10:15 am)

Compares traditional and trauma-informed approaches to common scenarios facing human service providers. Also focuses on how to align policies and procedures with trauma-informed principles.

Week 3: Reducing Triggers & Preventing Re-traumatization (February 20 from 9 - 10:15 am)

Discusses the ways to reduce triggers and prevent re-traumatization by focusing on the physical environment, relationships, and assessment.

Week 4: Responding to Crises & Building Skills (February 27 from 9 - 10:15 am)

Helps participants frame crises as opportunities for building skills to manage trauma responses. Focuses on crisis prevention, crisis intervention and de-escalation. Highlights trauma-specific interventions.

Week 5: Vicarious Trauma and Next Steps (March 6 from 9 - 10:15 am)

Highlights the impact of trauma on the service provider by discussing vicarious trauma, compassion fatigue and burnout. Focuses on strategies to support individual and organizational self-care.

Attendees need to be at each of the five sessions and can be expected to spend no more than one hour each week outside of class on assignments.

Continuing education – We offer 10 hours of credit from the National Association of Social Workers (NASW) and six hours from the National Board of Certified Counselors and NAADAC, the Association for Addiction Professionals.

Registration

To register, visit <http://mha-tic.eventbrite.com>.

Please contact Triina Tennelo (triina.tennelo@kingcounty.gov) or Rachel Berkowitz (info@thinkt3.com) if you have any questions.

Course Instructors

Barb Bennett, MEd, PhD has worked in the area of psychology and education for over 30 years as a classroom teacher of children with emotional/behavioral challenges, the director of education in a school for children living in extreme poverty, a school psychologist, a consultant in special education for a large, urban school district, and a teacher in University Beyond Bars at Monroe State Correctional Facility in Monroe, WA. In 1989 she co-founded First Place, a non-profit organization in Seattle that provides education and social services to children and families who live with the risk or reality of homelessness. Barb currently works in private practice, consulting on educational and psychological issues with schools, school districts and families and providing therapeutic tutoring to children and youth. She has worked with t3 since 2011 as a part-time trainer and consultant. Barb received her PhD in Education from the University of Washington.

Katie Volk, MA is the Managing Director of t3 and a Senior Associate at the Center for Social Innovation. She has directed numerous training, technical assistance, and curriculum development efforts and has trained thousands of service providers around the country. Prior to joining C4, Katie spent seven years with The National Center on Family Homelessness, where she worked with communities in the post-Katrina Gulf, was the lead author of SAMHSA's *Homelessness and Traumatic Stress Training Package*, and developed the PEACH initiative, a physical and emotional awareness program for children living in transitional settings. Katie played an integral role in the conceptualization, writing, design, and release of the 2009 *America's Youngest Outcasts: State Report Card on Child Homelessness*. She has a joint MA from Tufts University in Child Development and Urban Policy and completed the Certificate Program in Traumatic Stress Studies at the Trauma Center (Brookline, MA) in 2007.